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# METHODOLOGICAL HANDBOOK OF SOCIO-SPORTS ANIMATION

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EXTRAORDINARY SOCIAL CHANGE THROUGH SPORT

Project Reference: 622023-EPP-1-2020-1-IT-SPO-SSCP

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Key Action: Sport

Action Type: Collaborative Partnerships





The Extraordinary social change through sport was created to raise awareness among educational organisations and sports organisations of the need to cooperate in order to develop education through sport.

*“Sport has the power to change the world. [applause] It has the power to inspire, it has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope, where once there was only despair. It is more powerful than governments in breaking down racial barriers. It laughs in the face of all types of discrimination.”*

*Nelson Mandela*

The methodology contained in this handbook has been created with a practical approach, with a view to daily use applicable to those categories of people who are fragile, marginalised or discriminated.



# EXTRAORDINARY **SOCIAL CHANGE** THROUGH SPORT



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Participants in the international activity in Bansko (Bulgaria) that led to the creation of the following manual.



# EXTRAORDINARY **SOCIAL CHANGE** THROUGH SPORT



## **PARTNERSHIP**



All partners accepted the challenge to be the first to 'test in practice' and thus assess the feasibility of such documents, committing to evaluate and share the results obtained.





## **GUIDELINE: GENDER EQUALITY**

*Creation of official regulations requiring the focus on gender equality. This should be certified by a certificate.*

### **TARGET GROUP:**

Any kind of Sport club.

### **ACTIVITY:**

For each male team → one female team and one mixed team.  
Each team that rise the category relase the 20% of the profit, to the twin team of the opposit gender staying in the lower level.

### **EXPECTED RESULTS:**

- Reducing gender gap.
- Mutual supporting between teams of opposite gender.



# EXTRAORDINARY SOCIAL CHANGE THROUGH SPORT



## GUIDELINE: GENDER EQUALITY

*Sports clubs should design and develop games and sports in which simulations and role reversal are implemented.*

### TARGET GROUP:

Any age can be involved in this activity.

### ACTIVITY:

- Purpose: To illustrate more constructive ways to solve conflict.
- Time Required: 10 to 20 minutes.
- Size of Group: Unlimited.
- Materials Required: None.

### EXPECTED RESULTS:

- Equality of gender.
- Recognising the skills and capacity of each other.
- No superior or inferior feeling.





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| <b>GUIDELINE: FAIR PLAY</b>   |
| <i>Promotion of fair play through famous athletes who sponsor it.</i>   |
| <p><b>TARGET GROUP:</b></p> <p>Young people (13 – 30 years old).</p>  |
| <p><b>ACTIVITY:</b></p> <p>Participants will have to interview a character and develop his or her story with digital tools (web apps, webware) in order to organise selected content from the web into a coherent system, governed by a narrative structure, so as to obtain a narrative consisting of multiple elements of various formats (video, audio, images, text, maps, etc.).</p> |
| <p><b>EXPECTED RESULTS:</b></p> <p>Storytelling is fundamental in various educational and training contexts with the perspective of life-long learning, both in cognitive and educational terms. The autobiographical element in storytelling is fundamental because reality becomes a presupposition, a clue, a narrative that corresponds to a subjective interpretation.</p>           |





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| <b>GUIDELINE: FAIR PLAY</b>  |
| <i>Creation of games in which players can devise their own rules of play, giving space of the development of mutual fairness</i>   |
| <b>TARGET GROUP:</b><br>Basketball and football young players (10- 18 years old).  |
| <b>ACTIVITY:</b><br>The ghost friends<br><br>In basketball or football, each player is secretly engaged to help a player of the adversary team during the match.                               |
| <b>EXPECTED RESULTS:</b> <ul style="list-style-type: none"><li>- Fair play, solidarity among teams.</li><li>- Awareness that a player fun, helping the adversary without run to win.</li></ul> |





## GUIDELINE: IMMIGRATION

*Newcomers should share and introduce their own games from their culture, to demonstrate that differences can be an added value.*

### TARGET GROUP:

Newcomers (Pakistan, India, Srilanka, Africa)

### ACTIVITY:

- Cricket in different variations
- La Petanque

How:

1. Players are divided into two teams.
2. The teams toss a coin to see who starts.
3. The starting team draws a circle on the ground, then tosses the ball or cochonnet at a distance of between 6 and 10 metres.
4. After this, throw the first ball, trying to get as close as possible to the cochon.
5. When all the balls have been thrown, only those from one team and only those closest to the cochonnet are added to the score.
6. Teams continue playing until one team reaches 13 points.

### EXPECTED RESULTS:

- Exchange of historical background.
- Starting communication.
- Mutual respect.





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| <b>GUIDELINE: IMMIGRATION</b>  |
| <i>Mutual presenting of rules, in order to find a common ground and similarities.</i>  |
| <p><b>TARGET GROUP:</b></p> <p>Immigrants.<br/>People coming from different countries ( adults and youngsters).</p>  |
| <p><b>ACTIVITY:</b></p> <p>The Cuore</p> <p>Split the heart in four parts:</p> <ol style="list-style-type: none"> <li>1. Express three things you think you are good</li> <li>2. Tell us three characteristics to define yourself</li> <li>3. Three things you want to change in your life</li> <li>4. Three things you would like people think about you</li> </ol> |
| <p><b>EXPECTED RESULTS:</b></p> <p>People to outcome, how they are similar among them, to put them out of the box and of their confort zone.<br/>To get know each other.</p>   |





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| <b>GUIDELINE: MINORS WITH LESS OPPORTUNITIES</b>   |
| <p><i>Add free additional afterschool class to play games and sports to show the importance of sports and practice it.</i></p>   |
| <p><b>TARGET GROUP:</b></p> <p>Minors with less opportunities (+ 14 to 30 years old)</p> <ul style="list-style-type: none"> <li>- Social obstacles.</li> <li>- Geographical obstacles.</li> <li>- Educational obstacles.</li> <li>- Economical obstacles.</li> </ul>       |
| <p><b>ACTIVITY:</b></p> <p>Homeless!</p> <p>Four less cultural opportunities.<br/>Make kids to paly different roles of the other groups with fewer opporitinuties, creating a new world for them and trying to make them understand the problems that the others have.</p> |
| <p><b>EXPECTED RESULTS:</b></p> <p>To make youngsters understand the importance of diversity and that the differencies don't put us in better or worse place in the world.</p>   |





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| <b>GUIDELINE: MINORS WITH LESS OPPORTUNITIES</b>  |
| <i>Many sports are still elitist (Skiing, horseback riding, tennis): promote collective use of expensive equipments.</i>  |
| <b>TARGET GROUP:</b><br><br>Any age can be involved in this activity.   |
| <b>ACTIVITY:</b><br><br><ul style="list-style-type: none"> <li>- Group Sport activity. ex: football can be played with one hand/one leg).</li> <li>- Individual Sport activity: Athletics for the disabled. This sport can be practised by athletes with physical, sensory and intellectual disabilities. Depending on the type of disability and the functional classification assigned, athletes can compete in a wheelchair, standing (with or without sports prostheses), together with a guide athlete in the case of visually impaired and blind athletes.</li> </ul> |
| <b>EXPECTED RESULTS:</b><br><br><ul style="list-style-type: none"> <li>- To understand people with disabilities.</li> <li>- To make playgrounds accessible to people with less opportunities.</li> <li>- To make people aware and sensitive toward the world of people with less opportunities.</li> </ul>  |



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| <b>GUIDELINE: LGBTQ+ COMMUNITY</b>   |
| <i>Create advertising campaigns to fight against homophobia and sexual discrimination.</i>             |
| <b>TARGET GROUP:</b><br><br>EVERYBODY.   |
| <b>ACTIVITY:</b><br><br>(MANIFESTO)<br>Not working under any labels because we believe only in people. |
| <b>EXPECTED RESULTS:</b><br><br>Breaking stereotypes and fears.  |





**GUIDELINE: LGBTQ+ COMMUNITY**

*Create a manifesto in which the sport club states that it is inclusive to the lgbtq+ community and be signed by club members.*

**TARGET GROUP:**

**Adults. Sport dancers (ex: Poledance, zumba, samba etc)  
others conventional sports)**

**ACTIVITY:**

Short movie with different sports, to share personal experiences and stories.

**EXPECTED RESULTS:**

Breaking prejudices.  
Mutual respect and understanding.



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